

Cindy's Jambalaya



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 0.5 teaspoon cajun spice to taste
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 1 cup celery chopped
- ☐ 2 cups chicken broth
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 large onion chopped
- ☐ 8 servings salt to taste
- ☐ 1 pound shrimp deveined peeled per pound)
- ☐ 0.5 pound sausage smoked cut into 1/ slices (such as Conecuh©)
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup rice white uncooked

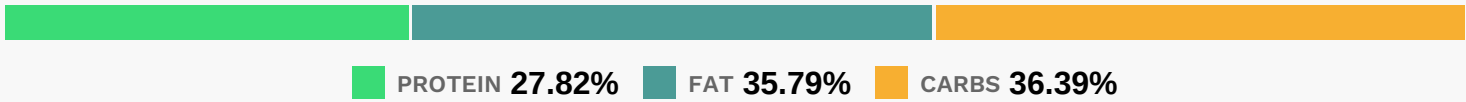
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the olive oil in a Dutch oven or large pot over medium heat. Stir in the sausage, and cook for 2 minutes.
- ☐ Add the onion, bell pepper, and celery; season with salt and Cajun seasoning. Cook and stir until the vegetables are soft, 6 to 8 minutes. Stir in the rice until evenly coated in the vegetable mixture, then pour in the tomatoes with juice, garlic, chicken broth, bay leaves, and thyme leaves. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer 20 minutes.
- ☐ After 20 minutes, stir in the shrimp, and cook 10 minutes uncovered until the shrimp turn pink and are no longer translucent in the center.
- ☐ Remove the pot from the heat, and let stand 5 minutes. Discard the bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:11.72, Inflammation Score:-5, Nutrition Score:8.5234781866488%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg,

Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.28mg, Quercetin:
4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 251.94kcal (12.6%), Fat: 9.94g (15.3%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 22.74g (7.58%), Net
Carbohydrates: 21.52g (7.83%), Sugar: 1.71g (1.9%), Cholesterol: 112.59mg (37.53%), Sodium: 732.5mg (31.85%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.77%), Vitamin C: 17.18mg (20.83%), Manganese:
0.39mg (19.55%), Phosphorus: 194.84mg (19.48%), Copper: 0.33mg (16.35%), Zinc: 1.74mg (11.62%), Selenium:
7.74µg (11.05%), Potassium: 340.73mg (9.74%), Magnesium: 35.36mg (8.84%), Vitamin B6: 0.18mg (8.78%), Vitamin
B1: 0.13mg (8.44%), Vitamin B3: 1.59mg (7.93%), Vitamin B12: 0.44µg (7.33%), Vitamin B2: 0.11mg (6.75%), Calcium:
61.12mg (6.11%), Vitamin K: 6.35µg (6.04%), Iron: 1.01mg (5.64%), Fiber: 1.22g (4.88%), Vitamin B5: 0.45mg (4.46%),
Vitamin A: 194.1IU (3.88%), Folate: 13.14µg (3.29%), Vitamin E: 0.44mg (2.97%), Vitamin D: 0.31µg (2.08%)